

Pakistan Islamia Higher Secondary School, Sharjah, UAE



Wellbeing Policy

Wellbeing Policy for Students and Teachers

Introduction:

Pakistan Islamia Higher secondary school is committed to creating a safe and nurturing environment that promotes the physical, emotional, and social wellbeing of both students and teachers. This Wellbeing Policy outlines our dedication to fostering a culture that prioritizes the overall health and happiness of our school community.

Objectives:

Physical Wellbeing:

- Ensure a safe and clean physical environment.
- Encourage regular physical activity among students and teachers.
- Promote healthy eating habits through nutritious meal options.

Emotional Wellbeing:

- Implement programs that focus on emotional intelligence and resilience.
- Provide access to counseling services for both students and teachers.
- Foster a supportive and inclusive atmosphere to address emotional needs.

Social Wellbeing:

- Encourage positive social interactions and teamwork.
- Promote a sense of belonging within the school community.
- Implement anti-bullying measures and conflict resolution programs.

Professional Wellbeing (Teachers):

- Provide professional development opportunities for continuous growth.
- Establish a supportive feedback system for teacher performance.
- Encourage a healthy work-life balance and manage workload.

Implementation:

Educational Programs:

- Integrate wellbeing education into the curriculum.
- Conduct workshops and seminars on stress management, resilience, and mental health.

Health and Safety Measures:

- Regularly assess and address the safety and hygiene of school facilities.
- Encourage regular health check-ups for students and teachers.

Ensure adherence to safety protocols and emergency procedures.

Counseling and Support:

Provide access to qualified counselors for students and teachers.

Establish a confidential reporting system for concerns related to wellbeing.

Offer resources for mental health awareness and support.

Physical Activities:

Incorporate physical education into the curriculum.

Provide extracurricular sports and fitness programs.

Promote active breaks during the school day.

Monitoring and Evaluation:

Regularly assess the effectiveness of wellbeing programs.

Seek feedback from students, teachers, and parents to identify areas of improvement.

Monitor indicators of wellbeing, such as attendance, academic performance, and teacher satisfaction.

Review:

This Wellbeing Policy will be reviewed annually to ensure its relevance and effectiveness. Amendments may be made based on feedback, changes in the school environment, or emerging best practices in wellbeing.

This policy reflects our commitment to creating a positive and supportive environment for the holistic development of both students and teachers at Pakistan Islamia Higer Secondary school.